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We are committed to delivering the best in massage therapy and related technology to help our clients improve and maintain their body, mind and spirit.

6103 Kelly Elliott Rd. Arlington TX 76001

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817-366-5574

. . . Now open in our Arlington Studio. . .

. . . by appointment only . . .

It's finally happening!

Thank you all; Robert Monroe, Tim Leary, Gus Sanchez, John Lilly, Art Ingles, Cat Darden, Paris Faber, Steves: Winwood, Stills, Wonder, Colbert, Charles Tart, Robert Crookall, Sylvan Muldoon, Stuart Blue Harary, et al.

The technology curve is catching up with our worlds on many levels. For so long, individuals and small groups of researchers have worked to understand the science of the body, mind and spirit. So many pieces of the puzzle are coming together today. Combining facets of cheap technology, biomedical engineering, huge

advances in computer gaming and graphics, home theater systems, meditation, wellness studies, relaxation therapies, sensory reinforcement, and just plain **'wow!'**

Deja Vu ... I always knew we could do this!

Enchanted Journey Meets BioFeedback

[Check out the Wild Divine NOW](#)

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Health Benefits of Massage Therapy

Physical

- Relieves muscle tension and reduces muscle spasm
 - Enhances joint flexibility and range of motion
 - Improves circulation of blood and lymph fluids
 - Assists the removal of metabolic wastes
 - Reduces blood pressure
 - Promotes deeper breathing
 - Promotes deep relaxation
 - Reduces physical stress
 - Relieves tension related headaches and eye-strain
- Promotes faster healing time for injured muscles and ligaments:
 - reduces pain and swelling; reduces formation of excessive scar tissue.
- Strengthens the immune system by increasing circulation and disposal of waste
 - Improves posture
 - Improves ability to notice stress signals

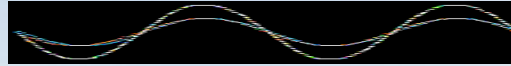
Mental

- Induces a relaxed state of alertness
- Enhances calm thinking and creativity
 - Improves ability to deal with stress
 - Reduces mental stress

Emotional

- Mind/body connection is increased
- Create a general feeling of well being
 - Reduces anxiety
 - Enhances self image

We offer a wide variety of [massage modalities](#) through our network of experienced and dedicated therapists and hope you will find our services to be just exactly what you are looking for.



<http://www.3riversmassage.com/>



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Contact via phone: 817-366-5574

or email: gary@RadioFreeTEXAS.com

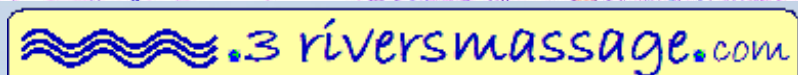
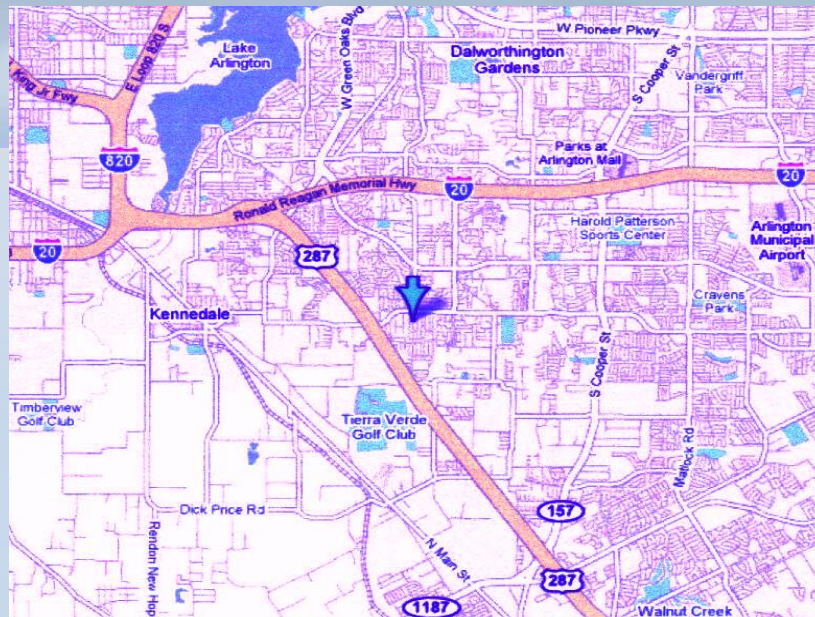


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